



Information and Connections

from Isthmus Acupuncture Center, LLC Volume 1, Issue 1

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Welcome to Information and Connections!

Welcome to our first newsletter, IAC's "Information and Connections," compliments of Isthmus Acupuncture Center, LLC. Our focus is sharing information and upcoming events along with a question and answer section to address commonly occurring questions and a recipe section.

The newsletter is available on our website, isthmusacupuncture.com, and in printed form.

What's New at Isthmus Acupuncture?

New in Massage

Nicole Cummings is now available for massage on Wednesday and Friday late afternoons and Saturdays by appointment. Lisa Shepherd completed her Pregnancy Massage Certification program and is available for later appointments Thursdays and during the day Monday, Tuesday and Friday. Chandon Williams has received additional training in Maya abdominal massage – see question and answer section – and is available for massage Monday, Tuesday and Wednesday.

New in Acupuncture

Michelle Buchanan is now at the center full time with later appointments on Monday and Wednesday evenings. Rick Oberg is continuing at GHC part time and is available for later appointments on Tuesday and Thursday at IAC.

New in Retail

Natracare tampons and pads are now available. These products are organic, pesticide and dioxin free, and made from natural products safe for the body and the environment. Pesticides have been linked to infertility and are unsafe for the environment.

Holiday Pack Massage Gift Certificates

Give the gift of health this holiday season with stress-relief massages. We're offering a holiday special of three gift certificates for \$165 (a \$180 value) and a complementary bag of tea for the purchaser.



A Holistic Approach to Cold and Flu Season

By Michelle Buchanan, C.A. Certified Acupuncturist

As cold and flu season approaches, preparation is vital to remaining healthy. The holistic solution to resolving colds, flus, upper respiratory infections, ear aches, and intestinal bugs is proper nutritional supplementation with probiotics, antioxidants, herbal cough syrups, and herbal remedies at the onset of the illness. These few supplements are a must for the household medicine cabinet.

Household spices can be used preventatively or to reduce symptoms. Fresh ginger and fennel tea dries clear mucus and settles the stomach. Basil, anise, cayenne, garlic, and onions counteract clear post nasal drip and body aches.

Peppermint tea counteracts infections, sore throats, and yellow or green mucus. Celery, watercress, radishes, cereal grass, seaweed, mulberry, and strawberry can be eaten to counteract yellow mucus. A dry cough or extremely sore throat responds well to watercress, cantaloupe, apple, peach, pear, strawberry, citrus, radish, bok choy, cauliflower, chard, papaya, and cabbage.

Chamomile tea and lemon water help keep the immune system healthy. Soups, teas, juices, and rest are important when fighting a cold or flu. Cooked vegetables, fruits, and rice are easiest to digest. Strenuous exercise should be skipped since it can further weaken the body. Grief, stress, and alcohol can also weaken the body.

During fall, days shorten and nights lengthen as nature is balancing itself from summer's heat and activity. This time is to remind us to find balance with work and play, exercise and rest, and diet to promote health and wellness.

Cold and flu symptoms can actually worsen or linger with some treatments. Deep tissue massage, chiropractic adjustments, and tonifying acupuncture treatments are all contraindicated at the onset of a cold or flu. Acupuncture to release the cold or flu is appropriate and there is a specific category of points safe to use at the onset of a cold. If you

are feeling like you are fighting a cold or flu, it is important to let your health care practitioner know.

Some herbal formulas should be discontinued at the onset of a cold or flu. Herbs to treat insomnia or poor sleep and herbs to stop excessive sweating should be avoided until the cold is almost gone. Commonly used standard formulas with these properties include Eight Flavor Rehmannia Tea Pills (Zhi Bai Di Huang Wan), Ziziphus (Suan Zao Ren Tang), Six Flavor Rehmannia Tea Pills (Lui Wei Di Huang Wan), Ming Mu Di Huang Wan, Restore the Spleen (Gui Pi Tang), Ultimate Immortals, Supplement Yin, and Cool Bones Tea Pills. If formulas are custom made, often additional herbs to regulate the immune system are added to above standard formulas.

If there are questions as to symptoms and what to do if you are coming down with a cold or flu, please contact your individual health care provider.

RECIPE CORNER

Nicole's favorite soothing soup

INGREDIENTS

- 1 carton organic chicken broth or vegetable broth (I have used Pacific or Imagine brand)
- 2-3 cloves garlic, finely chopped, to taste
- Approximately ¼ cup fresh ginger, peeled and finely julienned, to taste
- 1 package firm tofu, cubed
- Couple handfuls of chopped spinach
OR 1 bunch of watercress
- Soy sauce or fish sauce to taste

DIRECTIONS

1. Bring broth, garlic and ginger to boil. Reduce heat to low and simmer 5-10 minutes.
 2. Add tofu. Simmer about 5 minutes.
 3. Stir in spinach and remove from heat.
OR
 4. If using watercress, add before tofu and let cook for awhile.
- Serve over fresh rice for a more substantial meal.

Q & A

With Chandon Williams, CMT

Q. What is Maya Abdominal Massage?

A. Maya Abdominal Massage (MAM) is a treatment that guides the uterus into her optimal position, but no matter the sex, the pelvic organs benefit. MAM most commonly treats gynecological disorders, digestive complaints, and incontinence.



The massage benefits the body by increasing blood flow, balances nerve impulses, promotes lymphatic drainage, and harmonizes the energy in the pelvic organs. Another great thing about Maya massage is that you can apply the technique on yourself and take control of your own well-being.

Q. Which beauty products affect hormones?

A. When it comes to beauty products and hormones, I step aside because the list is very long. After I discovered a website www.ewg.org, I realized many of my own products contained ingredients that not only affected my hormones, but many that were carcinogenic or toxic!

What I recommend is going to www.ewg.org/reports/skindeep2/. Then, enter your current products in the product search. You can search everything from cosmetics to body care to sunscreen. I would start by entering the products that you use most often and begin a slow “detox” of your personal products. Good luck on a healthier you and a safer bathroom.

Q. What can I do to reduce synthetic hormones in my body?

A. The first step to reducing synthetic hormones is to eat organic meat and dairy, and toss your water bottle, especially if it is a number 7.

Check labels because plastic gets snuck into items we may not suspect, such as cosmetics, upholstery, bubble gum, tissues, polyester clothing (as if you needed another excuse to not wear it), building material and carpet.

Try using glass water bottles, paper goods made from recycled fibers, and other products made from natural and organic ingredients, and shy away from anything that does not clearly state what it is made of.

Current & Upcoming Events

New Weekend and Evening Massage Hours with Nicole

Beginning in October, Nicole will be adding new evening and Saturday hours to her schedule.

Nicole's new hours include:

Wednesday:	11:00am - 4:00pm, 4:30pm-7:30pm
Thursday:	8:00am - 2:00pm
Friday:	4:00pm - 7:00pm
Saturday:	9:00am - Noon

Center for Conceiving Health Fertility Support Series

The Center for Conceiving Health is starting a new ongoing support series for people walking the fertility journey.

This group will be held on Tuesday evening the second and fourth Tuesday of the month from 6:30 to 8:00PM. It will be an ongoing group you can simply drop in for when you want, at least for now.

The cost will be \$25.00 a session making it far more affordable for many people! We will begin the first group on the Fourth Tuesday of October, October 24th.

The True Power of Water: The Collaboration between Sound and Water with Dr. Masaru Emoto

Brought to you by Tri-Unity Wellife and AquaEssence ReSource

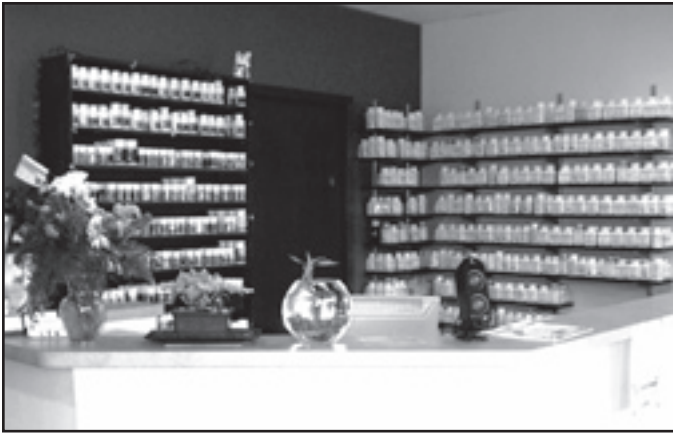
Friday, November 3rd, 7-10 PM

The Masonic Center

301 Wisconsin Ave, Madison WI 53703

Drawing from his own research using high-speed photography, scientific researcher, healer, and popular lecturer Dr. Masaru Emoto will teach you how the ability of water can absorb, hold, and even retransmit human feelings and emotions.

You'll learn how water is deeply connected to people's individual and collective consciousness. The implications of Dr. Emoto's research create a new awareness of how we can positively impact the earth and our personal health.



Wellness News in Brief

9-15-2006 Workers who routinely shift their hours from night work to day work quadruple their risks of getting prostate cancer.

9-20-2006 Ortho Evra's Birth Control Patch can double or triple the risk of blood clots in the legs and lungs over the birth control pills. Thousands of women have experienced potentially fatal blood clots as a result of using this birth control device.

9-20-2006 The United States spends \$2 trillion annually for a system with the highest infant mortality and lowest after-60 life expectancy among industrialized nations.

9-28-06 Researchers found a direct correlation between an increase in soft drinks and an increase in hyperactivity, as well as other mental and behavioral problems.

Product Highlights: Cold & Flu Season

We stock all these products in our own herbal pharmacy.

Loquat & Fritillary Jelly – Alcohol Free Cough Syrup in a thick honey base safe for pregnant women and children. For cough with congestion. Good for entire family.

Loquat & Pinellia Syrup - Alcohol Free Cough Syrup in a vegetable glycerin base. Good for persistent cough and sugar sensitive individuals.

IAC's Cold Control - Herbal formula to take at the first sign of a cold with sore throat, and stuffy nose. Safe for the entire family and even clears strep throat.

Bi Yan Pian – Herbal formula for sinus infections. Not recommended for recurrent low grade infections.

Pediatric formulas – recommended for children and pregnant women

CQ Jr – Liquid formula similar to Cold Control. Great for bacteria and viral upper respiratory infections.

Bupleurum & Angelica formula - For sinus and ear infections. Great for children and pregnant women.

Lung Qi Jr – For deep congestion and coughs already settled in the lungs.

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